LIFESTYLES

HAWAII MARINE B SECTION

DECEMBER 16, 2005

Tis the season for holiday safety

Holiday lights decorate a tree in the yard of a base resident. Decorators are reminded to practice safe techniques for dressing up their homes and yards.

Cpl. Michelle M. Dickson

Fire risk increases during holidays

Sergio Pablo

Base Safety Center

The winter holidays are a time for celebration, and that means more cooking, home decorating, entertaining, and an increased risk of a fire due to malfunctioning heating equipment. The following are holiday safety tips that will cause you to ask the question: Am I ready for the holidays?

Holiday decorating and lighting

•Use caution with holiday decorations. Whenever possible, choose decorations that are made of flame-resistant, flame-retardant or non-combustible materials.

•Keep candles away from decorations and other combustible materials. Do not use candles to decorate Christmas trees.

•Purchase lights and electrical decorations that bear the name of an independent testing lab, and follow the manufacturer's instructions for installation and maintenance.

•Carefully inspect new and previously used light strings and replace damaged bulbs before plugging the lights in. Do not overload extension cords.

•Always unplug lights before replacing light bulbs or fuses.

•Do not mount lights in any way that can damage the cord's wire insulation. For example, stringing lights up by using nails.

•Keep children and pets away from light strings and electrical decorations.

•Turn off all light strings and decorations before leaving the house or before going to bed.

Holiday entertaining

•Unattended cooking is the leading cause of home fires in the U.S. When cooking for holiday visitors, remember to keep an eye on the range.

•For those who have smokers in the home or as guests, make certain there are plenty of large, deep ashtrays and check them frequently. Because cigarette butts can smolder in the trash, which can cause a fire, completely douse cigarette butts with water before discarding or flush them down the toilet.

•After a party, always check on, between and under upholstery and cushions and inside trashcans for cigarette butts that may be smoldering.

•Keep matches and lighters up high, out of sight and out of children's reach — preferably in a locked cabinet. When smokers visit your home, ask them to keep their smoking materials with

See FIRE, B-7



Kristin Herrick

Multicolored bulbs adorn the base Christmas tree in Dewey Square. Decorators using lights in holiday displays are reminded to check all cords for fraying and not to hang lights with anything that could damage the cord, such as nails or staples.



Cpl. Michelle M. Dic

Lance Cpl. Roger L. Nelson, combat correspondent, Public Affairs Office, looks at the damage done to a motorcycle and car that were in accidents. Drivers are urged to operate their vehicles only while sober and alert.

Drivers urged to stay alert, awake on the road this Christmas season

Perry Lockhart

Navy LIFELines

Liberty call should not be a call to death. Unfortunately, too many Sailors and Marines fall into death's hands every year in pursuit of liberty and leave. More Sailors and Marines die or are injured each year in off-duty vehicle accidents than by any other means,

according to Department of Navy statistics.

At every safety stand down, every pre-holiday command brief, and every liberty call, commanders stress the dangers of the road. They talk about dangers as obvious as drinking and driving, driving in bad weather and speeding. They encourage safe driving habits and making sure the driver gets enough rest

before venturing out.

The nature of military service is to work through exhaustion and to accomplish the mission — whatever it takes. Sailors and Marines become used to working long, arduous hours with little sleep. But when they attempt to translate that into a rush to liberty in some far-off place, they end up risking

Asleep at the wheel

their lives and the lives of others.

One in five Americans has dozed off while

driving, according to the American Automobile Association. Eighty percent of Americans falsely believe they can predict when they are about to fall asleep. Researchers report that tired drivers can fall asleep without warning, often sinking into short five-second sleep bursts called microsleeps. In five seconds, at 55 mph, a car will travel more than the length of a football field.

Driving tired is as deadly as driving after drinking. According to the American Automobile Association, drivers who stay awake for 17 hours show the same kind of symptoms as a person with a blood-alcohol level of .05. After 24 hours of sustained wakefulness, performance is equal to a blood-alcohol level of .10, which is considered legally drunk in all 50 states.

How to Stay Alert

When liberty call sounds, the temptation to get behind the wheel is great. If you are tired, though, it is much better and safer to get some rest before heading out. But if you have to drive while tired, here are some tips to keep you alert.

•Avoid taking medication, such as cold

See DRIVER, B-7

Clubs welcome New Year in style

Yibeli Galindo-Baird

Marine Corps Community Services Marketing

Although you may not be able to take part in the New York Times Square New Year's Eve festivities, the ultimate kiss the year good-bye celebration, at Marine Corps Community Services has figured out a way to ring in the new year effectively, trumping the fame of any gatherings on the mainland — and, the best part, is that you are cordially invited!

Simply drop by Kahuna's Recreation Center, Kahuna's Sports Bar & Grill, the Staff NCO Club or The Officers' Club to welcome 2006 in, in style. At Marine Corps Base Hawaii Kaneohe Bay, the clubs don't just go out of their way to put their best foot forward, they go all out.

Take Kahuna's Recreation Center for example. Having already made plans to celebrate its second anniversary, Friday, they will carry on their festive mood on Dec. 31, as the clock approaches midnight.

The Recreation Center, an alcohol-free facility and home of the Single Marine & Sailor Program, will televise the Times Square celebration on a big-screen TV — time-delayed of course — so that you can count down to the

New Year and toast its arrival with complimentary sparking cider. They'll keep on celebrating until 1 a.m., since all their usual amenities will still be available.

Kahuna's Sports Bar & Grill will be welcoming 2006 with a bash that kicks off at 6 p.m. This free, E-1 to E-5, event will feature live DJ music, prizes — throughout the night — party favors, and complimentary champagne at midnight to toast the new year.

After the ball has dropped at Times Square and the New Year greetings have ended, enjoy a tasty breakfast — on the house. The reason folks should party at Kahuna's is that there is no cover charge and the food and champagne is free. Also, there will be prizes given away throughout the night. And, don't forget, free and ample parking is always available.

At the Staff NCO Club, a New Year's Eve party, themed "Midnight for Two" will also feature party favors, pupus, and a midnight champagne toast. The Staff NCOs and their guests will be dancing until the stroke of midnight to

The two options that are available are dinner and a party, and a party-only alternative. The combo choice starts at 8 p.m. and features clam

chowder, fresh garden mix salad, a steak and The card can be reused every last Friday of each shrimp entrée, dessert and wine. This feast ends at 9:30 p.m.

At 9 p.m., those having selected the partyonly option can join the members already present for a party that promises to raise the roof, bring in the New Year and keeping folks celebrating until 2 a.m.

ner and party option for members is \$27 per person or \$50 per couple. Members interested in the party only will pay \$12. What about nonmembers you ask? Simply fill out your membership application that evening and become a part of the festivities. As a new member, you and your spouse will be entitled to dining discounts, members-only

\$200

The cost of the din-

more. Call the club for details. Members can invite guests to join them at the club that evening by providing them with a guest card that will be available at the club.

events, complimentary birthday treats, and

month at special guest card events. Call the club for details on this new offer.

And, if you want to party with your fellow officers and their guests, The Officers' Club is the place for you. The events at the O'Club

begin at 9 p.m. and run through 1 a.m.

Music features the Southern Drawl. There will be light pupus, party favors, and no-host cocktails. Tickets for this event are \$15 for members, \$20 for nonmembers.

> Want to dine first? Take advantage of the Holiday Buffet of the month at The Officers' Club. The buffet starts at 5:30 p.m. and features entrées such as steamed filet of fish a la Chinatown, sautéed

chicken breast a la millanaise, snow crab legs and carved roast prime rib, among others menu items. Member and nonmember pricing will apply.

For more information on any of these events, call the respective facility or MCCS Marketing at 254-7679.

____MARINE CORPS COMMUNITY SERVICES ___

WWW.MCCSHAWAII.COM

1994 Toyota Tercel

Possibilities in Paradise

Kahuna's **Sports Bar** & Grill

254-7660/7661

Holiday Bash, Featuring Kustom Krome at Kahuna's -Get in the spirit of the season by coming to our Kahuna's Holiday Bash that kicks off at 6 p.m. and features on-the-house pupus and drawings for prizes, throughout the night. Starting at 8 p.m., bikers and other chrome enthusiasts can admire four custom bikes that will be displayed. Be sure to bring your autograph books as bike builders Danny Koker from Las Vegas' Kounts Customs and Jose De Migual from Custom Cycles in Puerto Rico will be present to answer questions and sign autographs.

Latin Night — This is your last chance this year to step to the rhythm of the instruments played by El Conjunto Tropical. This live performance will feature bachata, merengue, cumbia and other Latin beats that will make you feel like you traveled to South America without paying a dime. The music starts playing at 10 p.m.

Monday Night Football — Get ready to cheer on your favorite team at Kahuna's Monday Night Football.

Saturday, at 6 p.m., Kahuna's offers a special menu. National Trivia Network QB1 will also be available for those of you who are psychic enough to call the next play.

Catch this week's game when the Green Bay Packers match might with the Baltimore Ravens.

Hot Country Nights — Are you ready for some live country music? Then you must be ready for Dita Holifield & Red Handed. This band will perform some of the most popular country tunes beginning at 8 p.m. Bring your dance partner and your favorite Western wear.

Kahuna's Recreation Center's Anniversary **bration** — Can you believe it's been two years since Kahuna's showed off its new look?

Drop by Friday for a festive gathering to commemorate this special day. Cake and fruit punch will be served in honor of this alcohol-free facility.

Staff NCO Club

254-5481

Monday Night Football — The Staff NCO Club is the place to be to get into the football state of mind. Special menus will be available at the Rocker Room with half-price specials for members from 6 to 8:30 p.m., or at the end of the halftime.

In addition to Sticky Man races, you can compete to become the King or Queen of the Quarter for the opportunity to sit in the best seat of the house — a plush recliner — for a whole quarter. Ask the staff for details. Sorry, a remote does not come with the recliner.

This week's game features the Green Bay Packers against the Baltimore Ravens.

Officers' Club 254-7650/7649

love pasta, this is your meal. Every Tuesday from 11 a.m. to 1 p.m., drop by The Officers' Cub for a pasta lunch buffet. Simply choose your pasta, sauce and toppings and chefs will cook it. And, if you miss it on Tuesday, we offer a repeat culinary performance on Thursday at the same times as well.

Holiday Buffet — Throughout the month of December, make plans to come by the club to celebrate the spirit of the holidays with our Holiday Buffet.

The buffet will be available Fridays and Saturdays starting at 5:30 p.m. and will feature entrées such as steamed filet of fish á la Chinatown, sautéed chicken breast á la millanaise, snow crab legs and carved roast prime rib, among others.

Cost for members is \$26.50, while nonmembers can enjoy their meal for an additional 20 percent.

Breakfast with Santa — If you have not had a chance to sit on Santa's lap and tell him whether you've been naughty or nice, this is your last chance — and the last chance for your children too!

Come to The Officers' Club on Sunday from 10 a.m. to 1 p.m. for a brunch that you and your children won't soon forget. Have their picture taken with Santa, compliments of the club.

Member pricing f or the brunch is \$17.50 plus \$3 with champagne, while nonmember's price is \$19.95 plus \$3 with champagne. Children 8 to 12 pay \$6.95, children 5 to 7 pay \$3.95, and there is no charge for brunch for children 4 and younger.

Reservations are highly recommended. Be sure to call ahead for seating arrangements.

All Hands

Auto Auction - A silent auction is ongoing at the Auto Skills Center, Building 3097, Marine Corps Base Hawaii, Kaneohe Bay, for bids on the vehicles listed below.

Bids should be dropped off in the box at the Auto Skills Center. Bidding will close at the close of business today.

Persons with the highest bids will be notified.

Year Make/Model Min. Bid 2000 Pontiac Sunfire GT \$2,500 Excellent condition \$2,000 2000 Chevy Malibu **Excellent condition** 1997 VW Jetta \$500 Runs, needs electrical work/inter \$100 1997 Dodge Caravan Bad motor, body damage 1996 Mazda Miata \$100 Parts only, undercarriage damaged 1994 Ford Thunderbird \$300

Runs, need repairs

Runs, needs TLC 1994 Ford Mustang \$100 Bad motor, body damage 1994 Ford Mustang Parts only 1993 Chevy Blazer Not running, blown head gaskets, seats missing 1992 BMW 3 series \$100 Runs, needs electrical work/inter 1991 Mitsubishi Eclipse Runs well, needs TLC 1991 Honda Accord \$200 Runs well, needs clutch work 1990 Cadillac Sedan \$100 Runs, possibly needs head gaskets 1988 BMW 750IL Runs, needs repairs, small body

1986 Ford Ranger Not running, blown head gaskets For more details, call 254-7674 or

e-mail carl.cabrera@usmc-mccs.org.

damage

Crafty Christmas — Stories and Activity Program at the K-Bay Library – Children love Santa, but they adore Lori Zuttermeister, best known as "Auntie Lori," and her Storytime sessions at the Base Library.

This session will begin at 1 p.m. Saturday. Stories about winter will be read and children will be to make their own holiday ornament. A book display will also be available that features books on decorating, gift ideas, ornament ideas, and cookbooks for those special holiday meals and

Trim-A-Tree — As a creative alternative when Storytime is not in session, the Base Library is hosting their annual Trim-A-Tree through Dec. 23. Children are invited to pick up ornament materials at the Library or make their own and hang them on the tree at the Library, located in Building 219.

Winter Adventure Registra**tion** — The Youth Activities program is currently accepting registrations for its Winter Adventure Program, which runs today through Jan. 6, 2006. There will be no session on Dec. 26 and Jan. 2.

For more info on this and other programs, call 254-7610.

MASP Registration — Register now through Jan. 4, 2006, for the Military Academic Skills Program. MASP is a Joint Education Center program that offers a course of study that can help improve Armed Forces Classification Test scores.

This program is offered to all military service members and civilians on a space-available basis. Through successful program completion and testing, Marines and Sailors may qualify for specialized schools and military occupational specialties. Two pretests are required.

For more info, call 257-2158.

Resumé Workshop — If looking for a job is in your future, be sure to attend this hands-on workshop that is intended to help develop or update your resume.

This Tuesday, learn how to prepare a resume that will make a positive impression on prospective employers. Topics include how to put your education, experience and background together.

For more information or to sign up, call 257-7786.

Federal Application **Workshop** — Learn how the federal selection and hiring process

On Wednesday, information to be presented will include veteran's preference, military spouse preference, and the SF-171. If you are considering federal employment, this workshop is a must.

Call 257-7790 for details.

Marriage Skills Workshop -If marriage is in your plans, don't miss the Marriage Skills Workshop, offered by the Counseling Services department of Marine and Family

Through this workshop, participants will learn more about becoming a successful family, couples communication, budgeting and finances and available resources.

The first day of this session will be held Wednesday and runs from 8 a.m. to 2:30 p.m. The second session, on Thursday, runs from 8 a.m. to 12 p.m. Both sessions will be held in Building 216.

For more information or to register, call 257-7780 or 257-7781.

Interviewing Workshop -This workshop provides a general overview of the interviewing process. Taking place Thursday, the workshop includes tips on researching prospective employers, types of interviews and typical questions to

For more information and to sign up, call 257-7790.

Dr. Martin Luther King Jr. Photo Exhibit at the Base **Library** — Starting New Year's Day, catch this special display in honor of the King. This exhibit features historical photographs, narrative text and quotes from leaders and the key figures from the Civil Rights Movement, including Martin Luther King Jr., and provides a thematic overview and description of events from 1955 through 1968.

This mid-size exhibit is available through the Humanities Presentations Center of the Hawaii Committee for the Humanities.

On-Base College **Registration** — Register now through Jan. 13, 2006, for the next 10-week term that runs from Jan. 9

through March 22. All service members and civilians may enroll.

Start or continue your college degree with on-base and online courses from accredited institutions. Tuition is low and tuition assistance is available for active duty service

For more details, call 257-2158.

New Arrivals Orientation — If you are new to the base, this session will provide the information you need to make this base more than just your current duty station. You'll be armed with information that will make Marine Corps Base Hawaii your home away from home.

Presenters from various base organizations will provide a general overview of the services available to military members and their family Jan. 5, 2006.

For more information, call 257-

Ongoing

Troops to Teachers — Are you in the process of transitioning from Active Duty? Have you ever considered becoming a teacher? The skills that you have gained throughout your military career have prepared you for a second career in educa

Acquire valuable information about the Troops to Teachers Program and the teaching profession at the Joint Education Center, Wednesdays from 11:30 a.m. until 1 p.m. For further information, call 587-5580 extension 409 or e-mail hawaiittt@notes.k12.hi.us.

ProBowl Tickets at K-Bay ITT - Looking to go to the ProBowl in February? Come to the Information, Tickets and Tours office at Mokapu Mall to get your tickets for the game. The supply is limited and tickets are only available on a first-come, first-serve basis.

Seating charts will be available, so come prepared to choose your location. Tickets are \$103 for sideline seats and \$38 in the end zone. The ProBowl takes place Feb. 12, 2006, at Aloha Stadium.

For more information, call 254-

Safety Inspections Available at the Auto Skills Center -Wondering where to go for that safety inspection required for your vehicle registration? Look no further than the Auto Skills Center's certified personnel. This service is available Monday through Friday from noon to 6 p.m. Saturdays, Sundays and holidays from 9 a.m. until 3 p.m. or until openings are

For more information, or to make an appointment, call 254-7675.

Movie Time=

Prices: Friday and Saturday 7:15 p.m. shows are \$3 for adults; \$1.50 for children. Sunday matinee, 2 p.m., shows are \$2 for adults, \$1 for children. Evening showings on Sunday and Wednesday at 6:30 p.m. and late shows Friday and Saturday at 9:45 p.m. are \$2 for adults and \$1.50 for children. For ticket pricing, the Base Theater Box Office defines adults as patrons ages 12 and older, and children as patrons 6 to 11. There is no charge for children 5 and younger. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons. In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture-

taking capability , magnetometer wanding, audience scanning with night vision goggles during screening. Items will be returned after screening. The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

The Gospel (PG)

Waiting (R) The Fog (PG-13)

North Country (R)

Dreamer (PG) The Gospel (PG)

North Country (R)

Dreamer (PG) Doom (R)

Today at 7:15 p.m. Today at 9:45 p.m.

Saturday at 7:15 p.m.

Saturday at 9:45 p.m.

Sunday at 1 p.m.

Sunday at 6:30 p.m. Wednesday at 6:30 p.m.

Friday at 7:15 p.m.

Friday at 9:45 p.m.

Pasta Lunch Buffet — If you

Personality Features

Marine travels the

Lance Cpl. Roger L. Nelson

Combat Correspondent

As a teenager, problems often occur that must be overcome — some more than others. Some problems are life altering and can affect the psyche as well as help mold a person's future.

For Sgt. Russell L. Bridges, noncommissioned officer-in-charge, Base Operations, Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay, the events of his past have made him push to be a better person.

"I've been on my own since I was 14, because I was emancipated from my parents," said Bridges. "They had their problems and it wasn't a good environment for me, so my grandmother was given guardianship of me. My sister, Misty, went to live with our stepfa-

Bridges said that the lifestyle he lived at his grandmother's had its ups and downs.

"Growing up with my grandma, I was really allowed to do pretty much whatever I wanted, as long as I stayed out of trouble," said 26-yearold Bridges. "She worked full-time in order to make ends meat, but did a good job raising

As a junior in high school Bridges decided he wanted to enlist into the military with his

"I originally was going to join the Army because all of my friends were doing it. We were going to do the whole buddy system thing," said the East Alton Wood River High School graduate. "One of my friends actually took me to the Marine recruiter, and when I was talking to him, he asked what I was doing next summer. I told him I was going to Army boot camp, and he said, 'No you're not, you're going to Marine Corps boot camp,' and that's how I got to be where I am today.

Bridges enlisted in the Marine Corps as an engineer, going through boot camp at Marine Corps Recruiting Depot, Parris Island, S.C.

"My family was very supportive of my decision to join the military," said the Alton, Ill. native. "My grandma just wasn't thrilled that I chose the Marine Corps over the others, but still backed me. My grandfather served as a military police officer in the Air Force during Vietnam and retired as a senior enlisted, so he was really the only person who pushed me to

Bridges explained that a lot of his friends ended up being "grunts," but he was interested in demolition, which is why he joined as an

"I didn't like doing humps; but I loved demolition, so I knew it was for me," said Bridges. "I'm glad I chose it because I really like it, and it turned out to be really cool."

Bridges has been in the Marines for more than seven years and has been to many differ-



Sgt. Russell D. Bridges, noncommissioned officerin-charge, base operations, Headquarters Battalion, Marine Corps Base Hawaii, Kaneohe Bay, who has been in the Marine Corps for more than seven years, said his grandfather — a former military police officer during Vietnam — was only family member who pushed him to enlist.

trip," admitted the self-proclaimed old-fashioned kind of guy. "Since I've been in, I've been to Iraq, all over Europe, Spain, Italy, Jordan, Egypt, and a lot of other interesting places."

Bridges was in Operation Iraqi Freedom and returned to Hawaii in March. While deployed, his job billet was staff noncommissioned officer-in-charge for information operations.

"I volunteered to go to Iraq, so it was awkward. I was scared from time to time, but was never in an actual fire fight," Bridges said. "Our biggest threat was indirect fire. You would hear bombs going off in the distance and then they would stop, so you would have no clue where the next one is going to go off."

He said that if it were up to him, he would not like to be deployed again, but wouldn't mind if he had to go, said Bridges.

"Everybody asks if it's a different lifestyle in Iraq," said Bridges. "They have their good and bad people there."

Bridges said that he is unsure as to what the future holds for him, but believes he will want to retire from the Marine Corps.

"As it looks, now I'm going to do my 20 years and retire," said the self-proclaimed easygoing guy. "But it's hard to say what's going to happen in the future. If I do decide to get out, "Before I was in the military, the only place I'd be interested in being on a special weapons had ever been to was Mexico — on a church and tactics team somewhere.'

MALS-24 Sailor enjoys world through Corps working with Marines

Pfc. Edward C. deBree

Combat Correspondent

There are some who say they joined the military to get ahead in life and to serve their country. According to one Sailor, assigned to Marine Air Logistics Squadron 24, joining the Navy was the best decision he has ever made.

Petty Officer 2nd Class Bradley J. La Fontaine, a Navy aviation electronics technician and the leading petty officer for MALS-24, joined the Navy in 1998 after attending college

"I was sitting in class, and I was wondering what to do with my life — because college was sort of the hard route to life," admitted La Fontaine. "My family has a long line of military in it, so I quit college and joined the military."

After spending one year at St. John's University, studying criminal justice and working at a food market, the 26-year-old went to the recruiting office and signed up to serve his country — but not without guidance from his

"I was actually originally going to join the Marine Corps, because my grandfather was a Marine in World War II," said the Edison, N.J. native. "But he told me not to join the Marine Corps. So then I walked into the Navy office, because my father was in the Navy, and he tried to talk me out of it, but I joined anyway because it was something that I really wanted to do."

After being stationed at Lemoore, Calif.; Virginia Beach, Va.; and Pensacola, Fla., La Fontaine received orders to Marine Corps Base Hawaii, Kaneohe Bay.

"This is my first time being stationed on a Marine Corps base, and it's a lot nicer than my previous duty stations," he said. "It's a new experience for me working with people from different branches of service. It's just been great

When it was time for La Fontaine to choose where he would go after Naval Air Station Pensacola, he said he was determined to get orders to Hawaii.

"I gave my last command an ultimatum," said La Fontaine. "I told them that if I did not get orders to come here, I was getting out, because I didn't want to be stationed on the mainland again. To me, no matter where you get stationed on the mainland, it's all the same. I just wanted to spice up my military experience."

Since joining the Navy, La Fontaine has been deployed twice to the Persian Gulf. The first time was to take part in Operation Southern Watch, during his second tour he participated in Operation Enduring Freedom — one deployment he said he was glad to have been part of.

"I was home on leave on Sept. 11. I was outside, and I could see the planes hit the towers," he remembered. "I then got a call from my command telling me to go back to Virginia Beach, because we going to leave for the Persian Gulf. I was really charged to go because after seeing what I saw. I was in shock, which soon turned to anger, because it was like being attacked in my own backyard."

During his deployment to Afghanistan, La Fontaine was a flight-deck troubleshooter and was very proud of his squadron for their role they played in the conflict.

"It felt good to be apart of something like that," he said. "My dad and sister were very proud of me when I got back. They were waiting for me at the pier when I got back — waving the flag for me and everybody else."

Since coming back from Operation Enduring Freedom, La Fontaine retired from the single life, after meeting his wife, Erica.

"I went to a friend's house for Thanksgiving one year and saw this picture in their house of this beautiful woman," he said. "So his wife called her up for me, and we started talking."

But it wasn't until Christmas that the two actually met because he was stationed in California and she lived in Ohio.

La Fontaine now has a family with whom he spends as much time a possible. He has two daughters, Deija, 6, and Ireland, 1. La Fontaine

See SAILOR, B-6



Petty Officer 2nd Class La Fontaine was recently named Junior Shore Sailor of the Year for Commander, Patrol and Reconnaissance Wing 2. He dedicates his military career to

his mother, who passed away in 2000, and his wife.

'Narnia' a mythical delight for all

Lance Cpl. Roger L. Nelson Combat Correspondent

I usually start of my reviews with a background of the movie, but not for this one. I must start this review off with an opinion.

I have seen quite a bit of movies in my day, but not one can compare to "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe." I've never really seen a movie like it, so it's on a level of it's own. I can't say it's my favorite movie, because it's not really my style of movie, I'm more of a "Billy Madison" kind of guy, but for what it is, I was impressed and will buy the DVD.

The movie begins in England during World War II, with planes flying overhead dropping bombs as Edmund, Peter, Lucy and Susan Pevensie are rushed out of their house in the middle of the night by their mother and sent running into a bomb shelter in their backyard.

After the air strike, their mother sends them off on a train to go live with a professor in a far off town that is deep in the country, in order to get them away from the war.

While there, they live with the professor's rude housekeeper, Mrs. MacReady, played by Elizabeth Hawthorne. After settling in their new home, the children decide to play a game of hide-and-seek.

Lucy, played by Georgie Henley, decides to try and outsmart her older brother Peter, played by William Moseley, and hide in a wardrobe closet in a room that has been sealed off.

She moves to the rear of the closet and falls into a different world with snow-covered trees and lamp posts that appear to be in the middle of nowhere.

While she's exploring this new world, she encounters a faun, half deer and half man, whose name is Mr. Tumnus, played by James McAvoy. He brings Lucy to his place of residence, which is pretty much a hole in a mountain with a door, and gives her tea and

She falls asleep and when she wakes up she sees Mr. Tumnus weeping in the corner. He explains that he must betray her friendship

and must turn all humans in to the evil White Witch, Tilda Swinton. After a few tears are shed, she convinces him to let her leave and he escorts her back to the closet and bids her

Well, she returns to the real world and does what all young people would do in that situation — starts bragging about what she had just seen and discovered. Of course, her sisters and brother don't believe her and think she's crazy. She tries to prove that this newly found world is real, but when she took them to the closet the only things in there were fur coats and the back of the closet - no forest or secret world anywhere.

Lucy gets upset and does the whole boohoo deal because she looks like a moron when she can't produce her secret world.

Well, eventually, they all end up in the mysterious land, after a game of cricket goes

I can't really go into it anymore, because there is so much detail and amazing scenes in the movie that the newspaper would have to have it's own section just for this review, but I can tell you that the rest of the movie is filled with magical and amazing scenes.

I must say, other movies that are based on fairytales like "Harry Potter" and "The Lord of the Rings" have nothing on this flick.

So surprise the kiddies with a trip to the

local theatre to see this amazing movie, and make sure you choose a seat where there's no annoying teenage punk talking on the phone at the top of his lungs throughout the entire movie, you tracting from concentrating your full attention to the screen.

Fantasy film sits on its own level | Disney flick brings back memories

Cpl. Michelle M. Dickson

Press Chief

Of all the stories I have ever read as a child, none had ever made such a memorable impression in my mind like "The Chronicles of Narnia: The Lion, The Witch and The Wardrobe," by C.S. Lewis. So I have to admit, I was afraid of what the movie may bring, since I already had such a wonderful impression of this magical tale.

Upon leaving the theater, I was delightfully more than impressed and, once again, had that feeling I had as a child, that maybe somewhere, there is a place we could go where there are centaurs, unicorns, griffins, and talking animals, and you can get to it by simply walking through a wardrobe.

This story opens up in war-torn England, where four children, Peter, Edmund, Susan and Lucy Pevensie are sent to live in the country with an old professor who is never to be disturbed, according to the bitter housekeeper, Macready, played by Hawthorne.

One rainy afternoon, the children decide to play hide-and-seek in the giant house, and that is when the real story begins. Lucy, played by the young Georgie Henley, sneaks into a giant wooden wardrobe, only to enter into the magical land of Narnia, a place filled with magical

> creatures that has been overtaken by the evil White Witch, Jadis, who keeps the country in a constant winter season — but never Christ-

Lucy's first encounter with a faun, named Tumnus, who is played by the talented James McAvoy.

tells her of how Narnia once was and of the great lion, Aslan, who is the true king. She returns back through the wardrobe and brings her brothers and older sister back to Narnia with her in order for them to believe the stories she's been telling them and to prove to them that Narnia is more than her imagination getting the best of her.

The storyline intensifies as they find out that they are part of a great prophecy to bring summer back to Narnia, destroy the White Witch, played by Tilda Swinton, and become the kings and queens of Cair Paravel. The White Witch also knows of this prophecy and is more than prepared for the great war that is to be unleashed against her and her mignons. She lures one of the brothers, Edmund, Skandar Keynes, to her with promises of power and Turkish delight, but he is soon rescued although a severe sacrifice must be made.

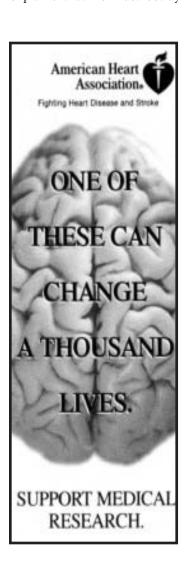
The film is filled with a variety of very interesting characters that include talking beavers, foxes, wolves, mythical creatures and, of course, tis' the season for Father Christmas himself, who equips the children with weapons and items that will be used in the great battle.

The great Aslan is introduced as a magnificent lion whose voice of Liam Neeson is ideal for the honest, gentle, wise and powerful true king of Narnia. All respect him, even the White Witch is affected by his power, even though he is all that stands in her way of being the most powerful.

I'm not really sure how I can recommend a movie much more; this is something that both children and parents will greatly enjoy. The special effects create an amazing battle scene, and it's something truly different to watch unicorns, fauns, centaurs, cheetahs, griffins, and other creatures battle against goblins, minotaurs, Cyclopes, and other hideous monsters who service the White Witch.

So if you want to take your children to a movie that you know you will walk out loving, and one that makes you feel like a kid again, watch this film. C.S. Lewis wrote this novel long ago, but I don't think anyone can capture the idea of innocence, magic and adventure with a story the way he did.





MCCS helps active duty couples

Family Team Building meeting answers questions regarding unique situation

Compiled by Public Affairs Staff

Marine Corps Base Hawaii, Kaneohe Bay

Active duty service members whose spouse is also an active duty service member are known as dual-service couples. According to Marine Corps Community Services' Family Team Building representatives, these couples find that they oftentimes have problems that are unique only to their situation.

To help these service members understand and learn how to cope with their unique problems the Family Team Building sponsored a

dual-service couple informational session aboard Marine Corps Base Hawaii, Kaneohe Bay, Dec. 8.

The session, held in the conference room at the Bachelor's Officer Quarters, presented a variety of issues specifically focusing on pay and allowances. The director, Family Team Building, was on hand to talk with the couples who attended, explaining different situations and how they apply to dual-service couples as compared to the much more common military family that consists of one service member and a civilian spouse.

"This is actually the first time we've ever had a session like this, and we had more show up to the meeting that I expected," said 1st Lt. Eve A. Baker, Family Team Building director, Headquarters Battalion, MCB Hawaii, K-Bay.

According to Baker, there are a lot of meetings for single-parent Marines, but there are none for dual-service couples.

"We have 330 dual-service couples on this base, so it seemed like we should have a meeting for them," said Baker. "Being that the turnout was so good, I would like to see this made into a semiannual event that's held when couples aren't so busy with holiday preparations and predeployment training."

Representatives from Installation Personnel Administration Center, Base Legal and the Base Chapel were in attendance in order to answer questions the couples may have.

"We wanted all of the Marines and Sailors who attended to get all of their administrative questions figured out," said Baker. "They needed to understand all of the legal issues in their relationship, like, what will happen if one of them is deployed and information about their pay and basic housing allowance."

Baker, a Wallingford, Conn. native, said the attendees had many questions about their pay.

"It was good, because they asked a lot of questions, so we knew it was good that we held this session," said Baker. "Every question was answered immediately, so everyone who was involved was very well prepared."

According to Baker, some of the couples were confused about their basic housing allowances and other pay issues, but this confusion was straightened out when couples

asked questions and got answers. Most other families, which include only one active duty service member, don't have to

worry about a family care plan, said Baker. "While the service member is at work, the spouse is usually at home taking care of the children, in most cases.

"So there were a lot of questions about that as well," she said.

Baker told the couples that it is not good to keep questions to themselves.

"If you have a question about your pay or benefits, go to IPAC and ask," Baker urged, explaining that it is better to ask a question than to miss out on pay and allowances that you are entitled to, or, what is worse is to be overpaid and end up having to pay it back.

Baker again urged, "So, all I can say is, if you have questions, don't be afraid to ask."

DeCA offers scholarships to children of service members

Pfc. Edward C. deBree

Combat Correspondent

After high school there are many roads a graduate can take. They can get a job and enter the real world right off the bat, or they can join the military and gain leadership skills needed to function in the real world. Or, they can go to college to prepare themselves for a lifelong career.

With the high costs of enrolling into a college or university, many students choose one of the other two options. But, there is one thing that can help pay for college expenses — a scholarship.

For children of military service members, the Scholarships for Military Children Program, operated through the Defense Commissary Agency, gives them financial assistance so they can go to college.

This year is the sixth year

that DeCA scholarships have been available to help high school graduates pay for the cost of college. The scholarship is open to prospective college students whose parents are active duty, Reservist, National Guard or retired service members and who are under 21. The scholarship is also open to college students who are already enrolled and who have not reached their 23rd birth-

Each year DeCA, along with the Fisher House Foundation, awards at least one child at each commissary location a minimum of \$15,000. More children may be awarded with a scholarship, depending upon how much money sponsors contributed and the commissary's profits. Sponsors of the scholarship include such companies as Kraft Food Inc., Pepsi Corporation, Kellogg Sales exceed two pages in length. The Company, Energizer

Gillette, to name a

To apply for the

scholarship, students must provide the necessary transcripts, a recommendation letter in which they explain why they deserve the

scholarship, a typewritten essay, and the scholarship application form. The form can be picked up at the base commissary or downloaded from www.militaryscholar.org.

The requirements for the essay are that it must be 500 words or less, typed double-spaced and does not essay topic question is: If you

> military leader, present day or historical, who would it be and why? The essay must also include a description of the qualities and leadership characteristics of the leader who has had the great-

could meet one great

est influence on you.

The application period for the scholarship began on Nov. 1 and will continue until Feb. 22, 2006. All

applicants must turn in the required materials to the local commissary; they cannot be e-mailed. An applicant can apply to only one commissary, one time only. If an applicant applies to more than one commissary, that applicant will be automatically disqualified from the competi-

Scholarship managers will review applications, and the winners will be contacted May 1, 2006. Previous winners are still eligible to apply for this scholarship to win more money to continue their college education.

For more information on the Scholarships for Military Children, or to download application forms, go to www.militaryscholar.org.



B-6 • DECEMBER 16, 2005 HAWAII MARINE

Soul train



Cpl. Michelle M. Dickson

Petty Officer 3rd Class Carlos Ebilane (from left), Sgt. Bryan Zarate, Petty Officer 2nd Class Anthony Juarez, and Petty Officer 2nd Class Victor Gonzalez, support equipment, Marine Aviation Logistics Squadron 24, stand next to the train they constructed as a display for their annual Christmas party.

SAILOR, From B-3

said he loves to take his children to the park and beaches.

The seasoned sea-service veteran was recently named Junior Shore Sailor of the Year for Commander, Patrol and Reconnaissance Wing 2. As a former Junior Sailor of the Quarter for the wing, La Fontaine was automatically entered into the competition for Junior Shore Sailor of the Year and competed against other JSOQs for the JSSOY title.

"It was nothing but a month and half of boards that I had to be on," he said. "I had to always make sure that my uniforms were top notch. I had to drill myself with as much knowledge as possible to be able to answer the questions the members of the board asked. But I'm very proud of myself, after it was all said and done."

La Fontaine recently earned his associate's degree in justice administration from Hawaii Pacific University and is currently working on his bachelor's degree in human resources.

After he receives his degree, La Fontaine said he plans to apply for an officer program and hopes to one day go to Officer Candidate School.

"I want to be an officer, because I want to be able to fly jets," he said. "I used to go to air shows with my dad, and fell in love with the Tomcats and always wanted to fly them."

Though he said he has a great time in the Navy and plans to go for the full 20 years, he had to do it for somebody.

"My mother passed away in the year 2000, so I have dedicated everything I do in my military career to her," said La Fontaine. "I have also dedicated everything I do in my career to my wife, for all the support she has given me."



ON THE MENU

AT ANDERSON HALL

Today

Lunch Oven Roast Beef Baked Tuna and Noodles Steamed Rice French Fried Cauliflower Vegetable Combo Chilled Horseradish Fruit Pies Chocolate Chip Cookies

Dinner Sauerbraten Knockwurst w/Sauerkraut Cottage Fried Potatoes

w/Mushrooms Creole Summer Squash

Boiled Egg Noodles Green Beans Fruit Pies Chocolate Chip Cookies

Peas and Mushrooms Fruit Nut Bars Fruit Pies

Saturday

Grilled Steak

Spanish Rice

Mexican Corn

Mashed Potatoes

Pork Chops Mexicana

Dinner

Sunday

Fruit Pies

Dinner Beef Pot Pie Baked Ham Baked Macaroni and Cheese Club Spinach Cauliflower au Gratin Bread Pudding with Lemon Sauce Peanut Butter Cookies

Monday

Lunch Teriyaki Chicken Salisbury Steak Mashed Potatoes Steamed Rice Simmered Carrots Simmered Lima Beans Apple Crisp Fruit Pies

Dinner Baked Meat Loaf Oven Roast Beef Pork Fried Rice Parsley Buttered Potatoes Green Beans

w/Mushrooms Simmered Corn Apple Crisp Fruit Pies

Tuesday

Lunch **Barbequed Spareribs** Veal Parmesan Oven Browned Potatoes Buttered Egg Noodles Simmered Asparagus Steamed Cauliflower Devil's Food Cake w/Mocha **Butter Cream Frosting** Fruit Pies

Dinner Swiss Steak w/Brown Gravy Baked Fish Fillets Lyonnaise Potatoes Steamed Rice Southern Style Green Beans Vegetable Combo Devil's Food Cake w/Mocha **Butter Cream Frosting** Fruit Pies

Wednesday

Lunch Baked Ham Chili Macaroni Candied Sweet Potatoes Grilled Cheese Sandwich French Fried Okra Cauliflower Au Gratin Pineapple Sauce Bread Pudding w/Lemon Peanut Butter Cookies Fruit Pies

Dinner Baked Stuffed Pork Chops Turkey Pot Pie Calico Corn Simmered Peas and Carrots Steamed Rice Mashed Potatoes Sweet Potato Pie Bread Pudding w/Lemon Sauce

Peanut Butter Cookies Fruit Pies

Thursday

Lunch Cantonese Spareribs Baked Tuna and Noodles Shrimp Fried Rice Corn on the Cob Simmered Spinach Corn Bread Dressing Pineapple Upside-Down Cake Fruit Pies

Dinner Swedish Meatballs Caribbean Chicken Steamed Rice O'Brien Potatoes Simmered Brussels Sprouts Simmered Summer Squash Pineapple Upside-Down Cake Fruit Pies

FIRE, From B-1

them so young children do not touch them.

•Test your smoke alarms, and let guests know what your

fire escape plan is. •If you serve alcohol, be a responsible host, and provide alternative nonalcoholic beverages for your guests, and if guests are over indulging, have the courage to tell them that they've had enough to drink. Take their vehicle keys from them, if the situation warrants. The worst feeling to have is hear that your guest(s) were involved in an accident or got a DUI after leaving your party.

Fire facts

•In 1999, there were 370 Christmas-tree fires in homes throughout the U.S. These fires resulted in five deaths, 60 injuries and \$15.7 million in direct property damage.

•During 1999, candles in U.S. homes caused an estimated 15,040 fires, 102 civilian deaths, 1,473 civilian injuries and \$278 million in direct property damage.

•Fourteen percent of the candle fires occurred in December, this is almost twice the 8 percent monthly aver-

•11 percent of the Christmas candle fires happened when a decoration caught fire. This was true in only 2 percent of the fires during the rest of the year.

Be proactive, think safety every day until it becomes a habit for life. Remember, mishaps are preventable and it is up to you to keep you and your family safe.

DRIVE, From B-1

remedies, that make you drowsy.

•Sip a drink containing caffeine, such as coffee or cola. The caffeine will only act for a short time, though, and you may become drowsy very quickly when it wears off. If you are seriously sleepdeprived, you may still suffer from micro-sleep, with deadly results.

•Pull off to the side of the road, and stop when you feel tired. Go to a rest area, well-lit exit or gas station. Take a short catnap if necessary.

•Do some stretching exercises to stimulate blood flow to your brain and to relax your muscles.

•Continually scan your surroundings. Check your mirrors often. Staring at one spot can hypnotize you into sleep.

•Keep the temperature in the car cool. Warm air can cause you to fall asleep easier.

•Open a window for fresh

•Strike up a conversation with a passenger. Music or conversation can help you stay alert.

•Become aware of your biological clock. Typically, there are two times of day you are most likely to feel sleepy. One is the "afternoon lull," from 2 p.m. to 5 p.m. The other is the early morning, from 2 to 6 a.m.

While these tips may help you in the short term, the best advice about driving tired is — don't.

Word to Pass

Want to earn Promotion Points and Visit Home?

Recruiter's Assistant positions are available in the New York, New Jersey, Pennsylvania, Connecticut, Rhode Island, Massachusetts, New Hampshire, Vermont

This is a great opportunity that allows you to visit family and friends while earning promotion points. Moreover, because

it's permissive temporary additional duty, you will not lose any annual leave.

For more information, contact Sgt. Major F. Reese at 516-228-5656 or reesef@marines.usmc.mil.

Toys for Tots Collection Sites in Place

This year, in addition to striving to reach millions of needy children nation-

wide, Marines will strive to bring the joy of Christmas to the thousands of children whose families lost everything due to the hurricanes this year.

Toys for Tots collection barrels are situated at various sites throughout Oahu. Those who wish to donate can place new, unwrapped toys in these barrels.

These toys will be collected, examined, sorted and sent to the appropriate agen-

cies — including local government agencies and charitable groups — that distribute the toys to disadvantaged children.

New, unwrapped toys can be dropped off at: AIG Hawaii offices, Army Hawaii Family Housing, Bank of Hawaii, Elements Spa & Salon, Hawaii Telcom, Hickam Community Housing offices, Chevrolet/Mazda, KB Toys, KMart, Longs Drugs, MCB Hawaii Self-Help, Marine Corps Exchange Annex, Navy Federal Credit Union, Price Busters, Subway shops, Toys R Us, UPS stores the Windward Community Federal Credit

Word to Pass Accepts Submissions

If you have a Word to Pass that is of general interest, e-mail the information editor@hawaii marine.com at least two weeks prior to the date of your event.

The information will be edited in the interest of good taste and space constraints. For more details, call 257-8835 or 257-8837.

For the children



Staff Sgt. Erik D. Stone (center), a Watertown, N.Y. native, recieves a check for \$2,500 for the Toys for Tots program from David J. McIntyre, president of Triwest Healthcare, Dec 8, at the Triwest Healthcare holiday party held at the Outrigger Waikiki. Mcyintire said it makes him feel simply outstanding to donate this money. "To give back to the community is what I'm doing. I feel I'm so lucky to have what I do that I want to give back to those who are less fortunate," said McIntyre.

MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Appliances

Used Kenmore Washer and Dryer, excellent condition, \$150 for both or negotiable price if sold separately; Kenmore microwave, excellent condition, \$50; Kenmore refrigerator, good condition, \$50. Call 590-8335 or 263-2412.

Furniture

Children's bunk beads with new mattresses. \$195: children's table with two chairs, \$15; sofa and chair, \$245; Dining table with four chairs, \$175; like new air conditioner, \$295; like new Rubbermaid tool shed, \$95; computer desk, \$45; dresser, \$25; Queen size bedroom set, \$260 and three boogies boards, \$10 each. Call 258-8561 or 235-4257.

Pets

Female Shih Tzu, 7 lbs., $1 \frac{1}{2}$ years old, has all shots, spayed, includes medications and accessories. Asking \$300. Call 226-2470.

Free cats to good home, 8 months old, two males and two females, gray and white, very loving and playful. Call Pam at 254-4710 or (618) 580-6421.

Miscellaneous

Ocean Kayak one-man kayak, orange. Asking \$350. Call 262-8789

American Girl Dolls, like new, in packaging, mostly Samantha and Molly, with authentic outfits and accessories. Paid \$20 to \$25 each, but selling two for \$25. PlayStation 1 system with: console, controls, joystick, memory card and games; \$80. Call 262-8789.

Ads are accepted from active duty and retired military personnel, their family members, MCB Hawaii civil service employees.

Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the Hawaii Marine, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii *Marine office.*

The deadline for submitting ads to the Hawaii Marine is 4 p.m. the Friday of the week prior to publication.

To renew an ad, or for more information, call 257-8837.